

OTHER INAPPROPRIATE USE OF A BOTTLE, CUP, OR PACIFIER (425E)

PARTICIPANT TYPE.....CHILDREN
HIGH RISK.....No

RISK DESCRIPTION:

Routinely using nursing bottles, cups, or pacifiers improperly.

Examples:

- Using a bottle to feed fruit juice, diluted cereal, or other solid foods.
- Allowing child to fall asleep or be put to bed with a bottle at naps or bedtime.
- Allowing child to use the bottle without restriction (e.g., walking around with a bottle) or as a pacifier.
- Allowing child to carry around and drink throughout the day from a covered or training cup.
- Using a pacifier dipped in sweet agents such as sugar, honey, or syrups.

ASK ABOUT:

- Developmental skills related to feeding (i.e., age and status of weaning from bottle)
- Cultural, medical, and other influences on these feeding practices
- Caregiver's support system for feeding decisions and food preparation

NUTRITION COUNSELING/EDUCATION TOPICS:

- Routine Use Of Bottle To Feed Liquids Other Than Breast Milk, Formula, Or Water:
 - Use the bottle to feed only breast milk, formula, and/or water.
 - Young children need nutrient-dense foods for proper growth. Giving liquids low in essential nutrients can interfere with adequate intake of appropriate, nutrient-dense foods and cause anemia and poor growth.
 - Routinely giving excessive amounts of juice or other sugar-containing beverages in any kind of bottle or cup can lead to tooth decay.
- Sleeping With The Bottle:
 - If the child needs a bottle to fall asleep, fill it with plain water.
 - Read a story at naptime or bedtime.
 - Offering a soft toy instead of a bottle at naptime or bedtime.
 - Putting the child to bed with a bottle can cause tooth decay and ear infections and increase the risk of choking.

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NUTRITION COUNSELING/EDUCATION TOPICS (CON'T):

- Bottle Or Cup Use Without Restriction Or As A Pacifier:
 - Toddlers who crawl or walk around with the bottle or cup or who use the bottle or cup as a pacifier are likely to consume excessive amounts of liquid. This can interfere with adequate intake of appropriate nutrient-dense foods and increase the risk for tooth decay.
 - Offer comfort by holding or rocking, singing, reading a story, or offering a toy.
- Review age-appropriate oral health care practices.

POSSIBLE REFERRALS:

- If the child has visible tooth decay, parent reports tooth decay or you suspect the infant could have early stages of tooth decay, refer to a local dental office, the local public health department (public health hygienists) or Health Tracks (if on medical assistance) for additional screening and referral. More information about oral health services in ND can be found at <http://www.ndhealth.gov/oralhealth/>.